

## University of Dayton eCommons

---

News Releases

Marketing and Communications

---

10-8-2002

# Sports Nutritionist to Focus on Exercise and Fluids in 15th Annual Doris Dress Talk at University of Dayton

University of Dayton

Follow this and additional works at: [https://ecommons.udayton.edu/news\\_rls](https://ecommons.udayton.edu/news_rls)

---

### Recommended Citation

University of Dayton, "Sports Nutritionist to Focus on Exercise and Fluids in 15th Annual Doris Dress Talk at University of Dayton" (2002). *News Releases*. 9964.  
[https://ecommons.udayton.edu/news\\_rls/9964](https://ecommons.udayton.edu/news_rls/9964)

This News Article is brought to you for free and open access by the Marketing and Communications at eCommons. It has been accepted for inclusion in News Releases by an authorized administrator of eCommons. For more information, please contact [frice1@udayton.edu](mailto:frice1@udayton.edu), [mschlangen1@udayton.edu](mailto:mschlangen1@udayton.edu).



Oct. 8, 2002  
 Contact: Pam Huber  
 Huber@udayton.edu

---

## NEWS RELEASE

### SPORTS NUTRITIONIST TO FOCUS ON EXERCISE AND FLUIDS IN 15TH ANNUAL DORIS DRESS TALK AT UNIVERSITY OF DAYTON

DAYTON, Ohio — Robert Murray, an exercise physiologist who specializes in sports nutrition, will talk about "Heat Illness, Cramping and Hyponatremia: Scientific Gems and Practical Pearls" at 7 p.m. Thursday, Oct. 17, in room 141 of Virginia W. Kettering Residence Hall at the University of Dayton.

The presentation, the 15th annual Doris Dress Distinguished Speakers Series address, is free and open to the public.

Hyponatremia is a condition also called "water intoxication," said Lloyd Laubach, associate professor of health and sport science. "It's especially an issue for endurance athletes who obviously have to hydrate during events that can last from three to six hours or more. If you don't get the electrolyte balance you need, you may get nauseous or light-headed. Water intoxication can even kill you." Sodium and potassium are two key minerals for electrolyte balance, Laubach said.

Murray "should be heard by high school coaches who deal with student athletes, especially in fall sports where you start training in hot weather," Laubach said. "Coaches will be able to take some practical advice from the talk."

As director of the Gatorade Sports Science Institute, Murray oversees scientific research in exercise science and sports nutrition including fluid balance during and after exercise; the effects of fluid, carbohydrate and electrolyte ingestion during exercise; and the gastric emptying and intestinal absorption of fluid. He oversees GSSI education programs and activities, including the GSSI Web site and *Sports Science Exchange* and *Roundtable* publications.

An author of numerous publications in scientific texts and journals, Murray is a fellow of the American College of Sports Medicine. He has participated in numerous marathons and the Hawaii Ironman triathlon.

The address is sponsored by UD's department of health and sport science.

-30-